**Workshop Information for MEA Conference:**

Our group came up with many different options, but I have received details for only three workshops at this point. Also, the Power Up Speak Out! healthy relationships curriculum is already being offered as a 6 hour "institute" session by presenters Travis Burdick and BaLeigh Harper at the conference - they are happy for us to pull their training session into our wellness strand.

**Title: "QPR Gatekeeper Training for Suicide Prevention"**  
50 minutes  
Thursday morning (if possible)  
No tools needed

The QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is designed to teach "gatekeepers"--those who are strategically positioned to recognize and refer a youth at risk of suicide (e.g., teachers, coaches, parents, friends, neighbors, )--the warning signs of a suicide crisis and how to respond by following three steps:  
• Question the individual's desire or intent regarding suicide   
• Persuade the person to seek and accept help   
• Refer the person to appropriate resources  
Certified QPR instructors, Kristie Scheel and Kim Seeberger will cover (1) the epidemiology of suicide and current statistics, as well as myths and misconceptions about youth suicide and suicide prevention; (2) general warning signs of suicide among children and teenagers; and (3) the three target gatekeeper skills (i.e., question, persuade, refer).

Pick ONE of the two options below from presenters Tovah Foss and Abby Sun of Planned Parenthood:

**Title:** **“When is the Right Time to Have Sex?”: Answering Values Questions and Other Skills for Teaching Sex Ed**  
50 minutes  
Morning/afternoon on Thursday/Friday  
No tools needed

Educators teaching about sex and sexuality are asked a variety of types of questions in the classroom, about which educators often have strong opinions, beliefs, and values. This interactive workshop is perfect for educators who are looking for ways to become more comfortable teaching about sexuality or who are interested in the latest evidence-based methods for communicating healthy sexuality, pregnancy prevention, and STD/HIV prevention information in classrooms. Educators will also have a chance to explore their own values and determine what effect, if any, their own values will have on their ability to feel comfortable and confident while teaching about sexuality. Roleplays and skills will be modeled to help educators distinguish the type of question being asked, present responses in a respectful and accurate way, and encourage their students to become more comfortable talking about healthy sexuality in a mature and responsible manner.

**Title: Peer Education in the Classroom**  
50 minutes  
Morning/afternoon on Thursday  
No tools/A/V needs

Why peer education? Research shows that peer educators make a lasting impact in their communities. When students see a peer presenting about social situations and pressures with confidence and knowledge, they listen. In addition, youth show significant improvements in peer education skills, confidence, and knowledge about health after being a peer educator in a successful, well-structured program. Participants will have the opportunity to experience firsthand Missoula’s Teen Council, a nonjudgmental peer sex education program, co-facilitate this workshop on the benefits and special considerations of incorporating peer education into a classroom.

**Additional options without details yet:**

o Adolescent brain development: Why do they do that? Presenter: Kathrine Kosmo from St. Pat’s (Brandee)  
o Prescription Drug Misuse/Abuse (Brandee)  
o Alcohol and Decision Making: including the latest products and trends (Brandee)  
o Forum’s “hidden in plain sight” bedroom educational display set up during conference (Brandee)  
o Choices, decision-making and media literacy (Brennan and Sentinel DECA)